



WYOMING WIC AUTHORIZED FOOD LIST			
WIC Food	Brands and Types Authorized		Not Authorized
MILK Quarts, Half Gallons, and Gallons	Any Brand	Whole (12-23 months), Fat- Free (Skim), Low-Fat (1%), Reduced -Fat (2%), Lactose- Free, Acidophilus, Evaporated, Non -Fat Dry, Meyenberg Fresh Ultra Pasteurized Goat, and Evaporated Meyenberg Goat Milk , and Buttermilk	Organic, Flavored, Value-Added, or Raw Milk
SOY BEVERAGE	8 th Continent	Original - UPC 053859070663	Organic, Any Other Brands, or Any Other Flavors
Quarts and Half Gallons	Pacific Natural	Ultra Soy Vanilla - UPC 052603082259 Ultra Soy Plain - UPC 052603082006	
CHEESE 12 Ounce Pkgs or Larger	Any Brand	Brick, Cheddar, Colby, Colby-Jack, Longhorn, Marble/Combination, Monterey Jack, Swiss, Mozzarella, Deluxe American Cheese Slices (Store Brand or Kraft-not individually wrapped), and Reduced - Fat Cheese (8-ounce packages or larger) in the Above Types	Organic, Random Weight, Bulk, Shredded, String, Deli, Gourmet, or Individually Wrapped Cheese; Cheese Food Products, Cheese Spreads, or Added Ingredients (i.e., Pepper Jack)
EGGS 1 Dozen or Larger	Any Brand	Large White, Grade A, and Grade AA	Organic, Brown, Eggland's Best, Cage Free, Open Range, Medium-Sized, Half-Dozen, Jumbo, or Added Omega-3 Fatty Acids Eggs
100% JUICE Shelf-Stable 64 Ounce Plastic Bottles	Kroger	Apple, Berry, Blueberry, Cranberry, Cranberry Grape, Cranberry Peach, Cranberry Raspberry, Grape, Fruit Punch, Grapefruit, Orange, Pineapple, Ruby Red Grapefruit, White Grape, White Grapefruit, and White Grape Peach	Organic, Tomato, Added Sugar, Added Sugar Substitutes, Refrigerated, Frozen, Glass Bottles, Granny Smith Apple, or Cocktail Juices
	ShurFresh/ShurFine	Grape, Berry, Punch, Apple, Vegetable and Cherry	
	Western Family	Apple, Cranberry, Cranberry Apple, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Orange, Pineapple, White Grape, and Vegetable	
	Safeway	Apple, Cranberry, Grape, Cranberry Raspberry, Cranberry Grape, Cranberry Apple, Grapefruit, and White Grape	
	Food Club	Apple, Grape, White Grape, Pineapple, Orange, Red Grapefruit, Grapefruit, and Vegetable	
	Flavorite	Apple, Grape, White Grape, and Grapefruit	
	IGA	Apple, Grape, and White Grape	
	Our Family	Apple, Grape, and White Grape	
	Great Value	Apple, Cranberry, White Grape, Grape, White Grape Peach, Pink Grapefruit, and Vegetable	
	Albertson’s	Apple, Berry, Cherry, Punch, Grape, Grapefruit, Orange, Pineapple, White Grape, White Grapefruit, and Vegetable	
100% JUICE Frozen, 16 Ounce	Store Brands	Orange Juice	Organic, Any Other Flavors, Fresh, Shelf-Stable, or Refrigerated
100% JUICE Frozen 11 to 12 Ounce	Dole	Country Raspberry, Pineapple, Pineapple Orange, Pineapple Orange Banana, Pineapple Orange Strawberry, Orange Strawberry Banana, and Orange Peach Mango	Organic, Cocktail Juices, Added Sugar, or Added Sugar Substitutes
	Old Orchard	Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Passion Mango, Cranberry, Cranberry Raspberry, Grape, Orange, Pineapple, Pineapple Orange, Pineapple Orange Banana, Apple Raspberry, Apple Strawberry Banana, and White Grape	
	Welch's	Purple Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Pear, and White Grape Raspberry	
	Store Brand Apple Juice	Albertsons, Flavorite, Great Value, IGA, Kroger, Our Family, Safeway, Seneca, ShurFine, Tree Top, and Western Family	
	Any Brand	Orange Juice and Grapefruit Juice	
100% JUICE 46 Ounce Cans	Vegetable Juice	Albertson’s, Flavorite, Kroger, ShurFine, Western Family, Safeway, and IGA	Organic, Tomato, Plastic Bottles, Name Brand, or Cocktail Juices
	V8	100% Essential Antioxidant	Other V8 Flavors or Plastic Bottles
100% JUICE Non-Frozen Concentrate 11 to 12 Ounce	Juicy Juice	Apple, Berry, and Punch	Organic, Cocktail Juices, Added Sugar, Added Sugar Substitutes, or Shelf Stable Juice
	Welch's	Apple, Cherry Sensation, Fruit Punch, Purple Grape, Strawberry Raspberry, Tropical Orange Passion, White Grape, and Wild Berry	
CEREAL 10 Ounce or Larger Packages <i><u>Cereals in italics and underlined are whole grain cereals.</u></i>	Kellogg's	<i><u>Complete All Bran Wheat Flakes, Frosted Mini Wheats - Bite Size, Corn Flakes, and Rice Krispies</u></i>	Organic, Individual Servings , or Any Other Kinds/Flavors
	Post	<i><u>Grape-Nuts, Bran Flakes, Honey Bunches of Oats - Vanilla, and Honey Bunches of Oats with Almonds</u></i>	
	General Mills	<i><u>Multi Grain Cheerios, Honey Kix, Wheaties, and Rice Chex (Gluten Free)</u></i>	
	Malt-O-Meal	<i><u>Frosted Mini Spooners, Creamy Strawberry Frosted Mini Spooners</u></i>	
	Quaker	<i><u>Toasted Oatmeal Squares - Cinnamon, Toasted Oatmeal Squares - Brown Sugar, Oat Bran, and Life</u></i>	
	B & G Foods	<i><u>Whole Grain Cream of Wheat (2 ½ Minute Cook Time)</u></i>	
	<i><u>Store Brand Toasted Oats/Tasty Os, Frosted Shredded Wheat, and Corn Flakes</u></i>	Albertsons, Best Yet, Flavorite, Great Value, IGA, Kroger, Our Family, Ralston, Safeway, ShurFine, Valutime, and Western Family	
	<i><u>Wheat Squares</u></i>	Best Yet, Great Value, Our Family, Safeway, ShurFine, and Western Family	
LEGUMES 1 Pound Bags (Dried) 15 to 16 Ounce Cans	Any Brand	Dried Beans, Dried Peas, Canned Beans, Canned Peas: Anasazi, Black, Black-eyed Peas, Cannellini, Cranberry, Cow, Crowder, Garbanzo (Chick Peas), Great Northern, Kidney, , Lima, Mung, Navy, Pinto, Red, Split Peas, Sweet Peas, White, and Lentils	Organic, Mixed Beans, Soup Mixes, Refried, Chili, Baked Beans, Beans with Meat, Soup, Snap, Green, Wax, Yellow Beans, Added Flavorings, Added Fat, or Added Oil



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PEANUT BUTTER Up to 18 Ounce Jars	Any Brand	Creamy, Crunchy, and Extra Crunchy	Organic, Added Marshmallow, Jelly or Honey, Whipped, Organic, Natural, Squeeze Bottles, Low or Reduced Fat, or Other Nut Butters
FISH Tuna 5 to 6 Ounce Cans	Any Brand	Chunk Style, Water-Packed	Organic, Albacore, White, Oil-Packed, Pouches, Lunch Kits, Gourmet, Flavored, or Seasoned
Salmon 5 to 6 Ounce Cans	Any Brand	Pink, Water-Packed	Organic, Red, Blueback, Atlantic, Sockeye, Gourmet, Flavored, Seasoned, Pouches, or Coho
INFANT FORMULA	Specified on Participant Receipt	The only formula allowed is specified on the participant’s receipt. The most commonly issued formulas are Similac Early Shield, Similac Sensitive, and Isomil Advance.	Anything other than what is listed on the participant’s receipt
INFANT CEREAL 8 or 16 Ounce Boxes	Gerber, Nature's Goodness, and Beechnut	Rice, Oatmeal, Barley, and Mixed	Organic, In Jars, Added Formula, Added Fruit, Added DHA, or Added Yogurt
INFANT FRUITS AND VEGETABLES Up to 6 Ounce Glass or Plastic Containers	Gerber, Nature's Goodness, and Beechnut	Single Fruits, Single Vegetables, First Foods, Second Foods, Third Foods, and Multi-Packs with Single - Ingredient Jars	Organic, Mixtures, Medleys, Added DHA, Added ARA, Added Cereal, Dinners, Desserts, Custards, Cobblers, Added Sugar, Added Starch, Added Salt, or Graduates
INFANT MEATS 2.5 Ounce Glass Jars	Gerber, Nature's Goodness, and Beechnut	Single Meat Variety with Added Broth or Gravy	Organic, Added DHA, Added ARA, Added Rice, Added Pasta, Added Noodles, Graduates, Dinners, Third Foods, Added Sugar, or Added Salt
WHOLE GRAINS Bread 16 to 32 Ounce Loaves	Sara Lee	100% Whole Wheat - Hearty and Delicious, 100% Whole Wheat - Classic, and 100% Whole Wheat - Soft and Smooth	Organic, Any Other Brands, or Any Other Flavors
	Oroweat	100% Whole Wheat - Whole Grain and 100% Whole Wheat - Country	
	Pepperidge Farm	100% Whole Wheat - Soft, 100% Whole Wheat - Very Thin Sliced, and 100% Whole Wheat - Stone Ground	
	Nature’s Pride	100% Whole Wheat, 100% Whole Wheat - Double Fiber	
	Wheat Montana	100% Whole Wheat	
	Wonder	100% Whole Wheat - Soft and 100% Whole Wheat - Stone Ground	
Oatmeal 16 to 32 Ounce Containers	Any Brand	Regular (Old Fashioned) and Quick	Organic, Instant, Added Flavors, or Individual Servings
Brown Rice 16 to 32 Ounce Bags	Any Brand	Regular	Organic, Instant, Boxed, Added Sugar, Added Salt, Added Flavorings, Added Fat, Added Oil, Mixes, Dinners, or Boil-in-a-Bag
FRUITS AND VEGETABLES	Any Brand	Fresh, Whole, Pre-Cut, Organic, Mixed, and Packaged Note: Yams and Sweet Potatoes Are Authorized	All Other Potatoes, Frozen, Canned, Dried, Packages with Dip, Packages with Dressing, Fruits and Vegetables from Salad Bars, Fruit Baskets, Party Trays, Edible Blossoms, Edible Flowers, Herbs, Spices, Ornamental and Decorative Fruits and Vegetables such as Chili Peppers on a String, Garlic on a String, Gourds, or Painted Pumpkins

Guide for Buying Fresh Vegetables and Fruits

Price/ Pound	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs	<div><p>If you choose fresh vegetables or fruits priced by the pound, complete the following steps:</p><ul style="list-style-type: none"> Place the item on the grocery scale; Round the weight up to the nearest pound or half pound; and Estimate the cost of the item based on this chart.<p>Your family’s benefits are added together monthly. Fruit and vegetable costs must be equal to or less than the cash value benefits (on WYO W.E.S.T. card) before the purchase.</p></div>
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	

